

10/

II + III

FEB. 18.

1. Ring Ad. ~~Ad.~~ st. - A. bend 'g + (A+L)
hr. stretch 'g.
2. Ad. squat sitt. - Alt. ft. place 'g (L)
sidem.
3. A's (st.) swing 'g half + up. (A)
4. Str. st. - Alt. T. twist 'g + bob 'g (LAT)
5. Bh. by. to hell sitt. (AID.)
6. Str. L. st. - A's swing 'g down (U.B.)
X + fly
7. Huddle sitt. - T. bend 'g form. (L.B.)
8. Bl. lift 'g backon. bl. + toe touch 'g (A+L)
9. Bess. 1. Offh. st. feet on lowest bar. (L)
Kns. bend 'g + stretch 'g.
2. Stretch 'g from top bar. (J)
3. Monkey jumps.

II + III.

FEB. 23.

1. St. - A's swing 'g x + fly m. (A.)
hl. rise 'g.
2. St. - Off. toe place 'g sidem, 2 hlt (L)
jumps, then 1 jump on request.
3. St. - Hl. lift 'g backm. - hl. + toe (A+L)
touch 'g sidem from on A's
4. St. - Toe place 'g sidem. alt. T. (LAT.)
bend 'g
5. Bh. by. legs lift 'g slightly + lower 'g (A32)
6. Gr. hlt. knee sitt. - Ch. lift 'g m. A. S. (U.B.)
7. Hl. squat sitt. - Kn. stretch 'g m. spring 'g (L3)
8. 4 knee from. 4 skips backm. + renesse. (X)
- Boss. 1. Off. st. Kns. bend 'g + stretch 'g. (L)
2. Bh. to boss. - Alt. + double leg (A32)
stretch 'g.
3. Handstand. (A)
(ACTIVITY)

II + III.

MAR. 10.

1. Jump 'g m. A. stretch 'g upm. (L+A)
sidem. p.m. + downm. alt. s + d.
2. Walk 'g p.m. + backm. (4) A's latm. (A)
fall + A. side + T. spring 'g. (4)
3. Hd. sqt. sitt. to stand 'g - kn. stretch 'g (L)
4. St. - Alt. H. plac 'g sidem. + (LAT)
side - bend 'g of T.
5. Kn. st. - slow T. bend 'g backm. (ABD)
6. Bh. by. - Chest lift 'g. (U.B.)
7. Sweeping swing. (L.B.)
8. St. - 2 hops + 1 side kick. (X)
9. Bree - 1. Offk. st. - Kns bend 'g + stretch 'g. (L)
2. Monkey jumps. (A+L)
3. St. - P.m. fall to bree. (A)

1. 4 hops m. alt. leg swing 'g (A+L)
from & back. A. from & side.
2. Alt. & double A. swing 'g back. (A)
3. Spt sitt. alt. leg L. & R. + st. (L)
4. Str. st. - T. twist 'g m. A. swing 'g (LAT)
5. $\frac{1}{2}$ kn. st. - T. hd 'g from m. kn
straightening. (L.B.)
6. Ring bk. leg. T. bend 'g from. (ABD)
7. App. ft. suppl. T. spring 'g m. (L.I.)
help. lift 'g of hips m. help. (B.)
8. Bk. leg. Chest lift 'g. (U.B.)
9. Skipping to bars.
10. Bars - 2 leg swing dismount. (ABD)
- Span bending. (UB)
- Dandstand. (A)
- App. sitt. T. bend 'g to L. (L)
11. Agility - Through vault. ✓
Leak frog
Somersault over partner's
back.
Somersault between hands. ✓

V + VI. Besides ~~IX~~, XI, XII. Nov. 4.

1. St. - Easy A. swing 'g. (A)
A. swing 'g $\frac{1}{2}$ and up.
2. St. - Jump + str. - alt. L. in front. (L)
3. St. - Hk. hk. stride, together. (A+L)
cliff 'g hands overhead.
4. Str. st. - T. twist 'g m. A's swing 'g. (LAT.)
5. X sitt. - A. twist 'g + nodding. (N)
6. ^{Reg.} Ch. leg - Quick T. bend 'g from. (ABD.)
7. Grasp hk. Ann. sitt. - Ch. lift 'g m. (U.B)
A. knee 'g sidem.
8. Ad. squat sitt. - K. stretch 'g m. (L+L.B)
spring 'g.

4 slides + a jump st. + st.

Postures.

1. Off. ring B.L. - T. bend 'g from. (ABD.)
+ back.
2. Ch. lift 'g m. posture hkl. (U.B.)

- Bars.
1. Off. st. - Jump 'g on bar + off. (L.)
 2. Hanging.



Benches. Jumping over
Jumping on + off.
Pup. for star - star.

V. + VI.

Nov. 8.

1. St. - Square swing 'g. (A)
2. Ad. $\frac{1}{2}$ sq. st. - sitt. - Alt. km. (L)
head 'g + stretch 'g.
3. Jp. in place m. A. movements. (A + L)
4. Ad. km. st. - A. swing 'g. (L + T.)
5. Nk. St. - T. swing 'g. (N. + S.)
6. Fr. leg. - High raise 'g. (A + D.)
7. Long sitt. - T. head 'g from. to ankles - A's head 'g. (L. + L.B.)
8. St. - T. unrolling. (L. + U. S.)

Shifting

(RELIEF)

Bats.

1. Hanging. (B.)
2. Off. st. - Jump 'g on bar + off. (L.)

Postures.

1. Alt. swing B.L. - T. head 'g from. + back. (A + D.)
2. Ch. lift 'g m. belly. (U. S.)



Agility. Jumping over hands.

V + VI

NOV. 16.

1. Hopp'g m. hl. lift'g backm. (L.)
hl. + toe touching form.
2. St. - Easy A. swing form + sidem. (A)
(hold 1 A. every 4th count)
3. Jump'g + hopp'g m. alt. kn. lift'g. (A+L)
+ opp. A. swing'g form.
4. $\frac{1}{2}$ 'S' str. st. - alt. T. bend'g sidem. (LAT)
5. Rock the dummy (3's) (ABD)
6. Prone ly. - Ch. lift'g (U.B)
7. $\frac{1}{2}$ gr. str. kn. st. - T. spring'g. (L.B)
8. Opp. grasp st. - Hopp'g m. alt. (A+L)
toe touch'g sidem. + quick kn. bend'g.
9. High skipping to bars.
- Bars - 1. Opp. str. st. - A. spring'g. (A)
2. Partners - Opp. - T. spring'g. (U.B)

V. + VI.

Nov. 25.

- I. Jump'g m. A. circled'g backm. (A+L.)
2. $\frac{1}{2}$ str. st. - Single A. circled'g. (A)
3. Alt. leg swing'g forw. + backm. (L)
4. Hopk'g m. hl. lift'g backm, (A+L.)
hl. + toe touch'g forw.
5. App. str. st. - Ad's clasp + alt. (LAT.)
head'g of T. st. + lt.
6. Bk. by to hell sitt. (ABD.)
7. Cr. back hmn sitt. (U.B.)
Ch. lift'g m. A. rise'g sidem.
8. Hurdle sitt. - T. head'g forw. (L+L.B.)
9. 4 hops m. alt. leg swing'g forw. (A+L.)
+ backm. m. A. swing'g forw. + sidem.
- Bass .1. Long. sitt. to open head'g. (U.B.)
2. St. - walking down forw. (L+L.B.)



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